

Full Report (All Nutrients) 35172, Elk, free range, ground, cooked patties (Shoshone Bannock)

Report Date: July 13, 2017 10:36 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water 1	g	67.78	1	--
Energy	kcal	143	--	--
Energy	kJ	598	--	--
Protein	g	29.45	1	--
Total lipid (fat) 1	g	2.80	1	--
Ash 1	g	0.78	1	--
Carbohydrate, by difference	g	0.00	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca 1	mg	5	1	--
Iron, Fe 1	mg	9.06	1	--
Magnesium, Mg 1	mg	26	1	--
Phosphorus, P 1	mg	236	1	--
Potassium, K 1	mg	379	1	--
Sodium, Na 1	mg	56	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Zinc, Zn 1	mg	7.79	1	--
Copper, Cu 1	mg	0.204	1	--
Manganese, Mn 1	mg	0.043	1	--
Selenium, Se 1	µg	23.5	1	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin 1	mg	0.175	1	--
Riboflavin 1	mg	0.497	1	--
Niacin 1	mg	7.850	1	--
Pantothenic acid 1	mg	1.030	1	--
Vitamin B-6 1	mg	0.782	1	--
Folate, total 1	µg	1	1	--
Folic acid	µg	0	1	--
Folate, food 1	µg	1	1	--
Folate, DFE	µg	1	--	--
Vitamin B-12 1	µg	4.25	1	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	0	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	0	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) 1	mg	0.79	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta 1	mg	0.00	1	--
Tocopherol, gamma 1	mg	0.00	1	--
Tocopherol, delta 1	mg	0.00	1	--
Lipids				
Fatty acids, total saturated	g	1.138	--	--
8:0 1	g	0.000	1	--
10:0 1	g	0.000	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
12:0 1	g	0.003	1	--
14:0 1	g	0.093	1	--
15:0 1	g	0.016	1	--
16:0 1	g	0.712	1	--
17:0 1	g	0.019	1	--
18:0 1	g	0.292	1	--
20:0 1	g	0.003	1	--
22:0 1	g	0.000	1	--
Fatty acids, total monounsaturated	g	0.952	--	--
14:1 1	g	0.037	1	--
15:1 1	g	0.000	1	--
16:1 undifferentiated 1	g	0.286	1	--
17:1 1	g	0.000	1	--
18:1 undifferentiated	g	0.623	--	--
18:1 c 1	g	0.589	1	--
18:1 t 1	g	0.034	1	--
20:1 1	g	0.006	1	--
Fatty acids, total polyunsaturated	g	0.239	--	--
18:2 undifferentiated	g	0.151	--	--
18:2 n-6 c,c 1	g	0.120	1	--
18:2 t,t 1	g	0.031	1	--
18:3 undifferentiated	g	0.048	--	--
18:3 n-3 c,c,c (ALA) 1	g	0.048	1	--
18:3 n-6 c,c,c 1	g	0.000	1	--
20:2 n-6 c,c 1	g	0.000	1	--
20:3 undifferentiated 1	g	0.008	1	--
20:4 undifferentiated 1	g	0.032	1	--
Fatty acids, total trans	g	0.065	--	--
Fatty acids, total trans-monoenoic	g	0.034	--	--
Cholesterol 1	mg	70	1	--
Amino Acids				
Tryptophan 1	g	0.270	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Threonine 1	g	1.206	--	--
Isoleucine 1	g	1.380	--	--
Leucine 1	g	2.647	--	--
Lysine 1	g	2.288	--	--
Methionine 1	g	0.911	--	--
Cystine 1	g	0.365	--	--
Phenylalanine 1	g	1.285	--	--
Tyrosine 1	g	1.099	--	--
Valine 1	g	1.493	--	--
Arginine 1	g	1.990	--	--
Histidine 1	g	0.999	--	--
Alanine 1	g	1.883	--	--
Aspartic acid 1	g	2.903	--	--
Glutamic acid 1	g	4.884	--	--
Glycine 1	g	1.481	--	--
Proline 1	g	1.298	--	--
Serine 1	g	1.440	--	--
Other				
Alcohol, ethyl	g	0.0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA AIAN NFNAP Shoshone-Bannock, Fort Hall, Idaho, 2003 Beltsville MD